

Week 1 W/C: 6 Sept / 27 Sept / 18 Oct / 8 Nov / 29 Nov

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|---|---|---|---|---|
| Main | Ham Macaroni Cheese & Homemade Garlic Bread | Chicken Korma & Wholegrain Rice | Toad in the Hole & Roast Potatoes & Gravy | Meat Feast Pizza & Wedges | Breadcrumbsed Fish Fillet & Chips |
| Veggie | Vegetarian Macaroni Cheese & Homemade Garlic Bread | Quorn Korma & Wholegrain Rice | Homemade Veggie Roast & Roast Potatoes & Gravy | Margherita Pizza & Wedges | Veggie Burger & Chips |
| Sides | Salad Bar |
| Jacket/Roll | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham |
| Dessert | Chocolate & Courgette Brownie or Fruit or Yoghurt | Apple Flapjack or Fruit or Yoghurt | Cheesecake or Fruit or Yoghurt | Chocolate Crispy Cake or Fruit or Yoghurt | Homemade Honey Cookie & Vanilla Ice Cream or Fruit or Yoghurt |

Week 2 W/C: 13 Sept / 4 Oct / 25 Oct / Half Term / 15 Nov / 6 Dec

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|---|--|---|---|
| Main | Meatballs in Tomato Sauce with Pasta & Homemade Garlic Bread | Chicken Chow Mein | Roast Turkey & Roast Potatoes with Gravy | BBQ Chicken Pizza & Wedges | Fish Fingers & Chips |
| Veggie | Cheese & Tomato Topped Muffin & Pasta | Quorn Chow Mein | Quorn Sausage Toad in the Hole & Roast Potatoes with Veggie Gravy | Margherita Pizza & Wedges | Cheese Wheel & Chips |
| Sides | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Jacket | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham |
| Dessert | Pineapple Upside Down Cake & Custard or Fruit or Yoghurt | Strawberry Jelly & Fruit Cocktail or Fruit or Yoghurt | Chocolate & Vanilla Marble Sponge with Chocolate Custard or Fruit or Yoghurt | Butternut Muffin with Cream Cheese Frosting or Fruit or Yoghurt | Shortbread & Chocolate Ice Cream or Fruit or Yoghurt |

Week 3 W/C: 20 Sept / 11 Oct / 1 Nov / 22 Nov / 13 Dec

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|---|---|---|---|
| Main | Chicken & Sausage Jambalaya | Beef Bolognese & Pasta & Garlic Bread | Roast Chicken Breast & Roast Potatoes & Gravy | Spicy Beef Pizza & Wedges | Fish Fingers & Chips |
| Veggie | Quorn Mince Bolognese & Pasta & Garlic Bread | Quorn Sausage Jambalaya | Cauliflower Cheese & Roast Potatoes & Veggie Gravy | Margherita Pizza & Wedges | Quorn Sausage & Chips |
| Sides | Salad Bar |
| Jacket | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham |
| Dessert | Apple & Berry Crumble & Custard or Fruit or Yoghurt | Chocolate Dream Cookie or Fruit or Yoghurt | Jam Sponge & Vanilla Custard or Fruit or Yoghurt | Lemon Courgette Drizzle Cake or Fruit or Yoghurt | Strawberry Ice Cream & Berry Compot or Fruit or Yoghurt |

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers